DAUGHTERS OF EVE.

What to Eat and When to Eat and When to Eat and When to Eat II.

What III.

What to Eat and When to Eat II.

What I II.

What to Eat III.

What I II.

What I

with sluggish circulation and the accompanying annoyance of cold feet and other sleep-disturbing afflictions.

A delicious dish for dessert to be eaten cold with cake is made of oranges in this manner: Pare five or six oranges and cut them into thin slices, pour a cupful of pulverized sugar over them; boil one pint of milk, add, while boiling, the yolks of three eggs well beaten, and one teaspoonful of cornstarch which you have first rubbed smooth in a little cold milk. You must stir this constantly until it begins to thicken like custard, then remove from the fire and pour over the oranges; beat the spoonful of white sugar, put this over the custard and set in the oven a few minutes to brown. If you dislike the taste of constarts substitute two eggs or a tablespoonful of gelatine.

have been cooked.

A notion has been prevalent that persons bave injured their digestion by eating too much. The fact is that most persons don't cat enough. There are more persons killed every year from insufficiency of nourishment that he by overloading their stomachs. Many of those who do cat a sufficient quantity for the economy of their systems. The very first thing for any one to do who has exhausted himself by mental work, or who has been born weak and irritabily, is to furnish his brain with nourishment either to repair the damage it has sustained, or to build it into a strong, healthy condition. People in this condition usually suffer from nervous dyspepsia. Their stomachs are unable to perform the work of assimilation. Owing to the deficient merve power of the individual the food lies in the stomach unacted upon by the gastric juice, because there is uone, or the quantity is insufficient to have any power. Pood, instead of helping to renew the body, and the nervous system with the rest, undergoes fermentation, and the body and brain it should nourish may starve. The person is in a worse state than if the food had not been taken, for the fermentation generates acids and gas.

Nervous individuals may derive all the Int they need from sugar and starch. It is better, however, for those of weak dires.

ful of gelatine.

Best raisins, 12%c. per pound. Full cream cheese, 12%c. per pound. 2-lb. can marrowfat peas, 10c. Saponifire lye, 14 cans for \$1.

7 large bars soap for 25c. Splendid teas, 1936c, per package. Home-made all-wool hose:

Child's, 1214c. per pair, worth 30c. Misses', 20c. " " 40c. Ladies', 25c. " " 50c. Men's suits from \$3.50 per suit. Child's " \$1.50 " "

NOTICE.

BEWARE!

The Pulpit and the Stage.

A Great Liver Medicine.

immons Liver Regulator.

W. POWERS.

Chairman Liberal Committee.

PEOPLE'S EQUITABLE CO-OP.

Nervous individuals may derive all the Int they need from sugar and starch. It is better, however, for those of weak diges tive organs, or whose nerves are in a highly sensitive state, to get it from the animal kingdom than compel their feeble stomachs, intestines and pancreas to create it out of these articles. Good bread, sweet butter and mat are the best food for the nerves.

People troubled with insomnia, nervous statistic from the pervent.

People troubled with insomnia, nervous starting from sleep and sensations of falling, can oft be cured by limiting them selves to a diet of milk alone for a time. An adult should take a pint of milk and four meals daily. People with wear nerves require, usually, a larger quantity of water than those whose brains and nerves are strong. It aids in the digestion of food by making it soluble, and seems to have a direct tonic effect.

By proper eating and drinking, we should

Hay be a direct tonic effect.

Hy proper eating and drinking, we should have fewer broken down, nervous wrecks, and far more vigorous intellects. The present human species cannot eliminate flesh from its food and amount to a row of the face, that mathematical respective that mathematical respective that mathematical respective that mathematical respective respe ples. The fancy that nothing but vers-tables should be eaten is apt to overtake every one samewhere in life. It is due to every one somewhere in life. It is due to some disorganization, and usually passe away with the disturbance that created it

"Pa ain't turning out the sort of a man I expected," said a little 3-year-old boy as he returned, rubbing his legs, from a wood-shed scance with his father, "and ma, the next time he whips us let's get a divorce."

Mrs. Martha J. Lamb, the historian, sug-

shed scance with his father, "and ma, the next time he whips us let's get a divorce."

Mrs. Martha J. Lamb, the historian, suggests that plays be produced at the New York theatres on April 30, which Washington saw when President.

Mrs. Lamb is editor of the Magazine of American History, and is one of the most unobtrusive women in New York. Years ago Mrs. Lamb brought out a novel entitled "Spicy," but she soon turned her attetion to a more serious character, and her "History, of the City of New York." is a monument to her talent, research and indefatigable industry. She is petite, quict, gentle, woiced, with a kindly and sympathen. Is a monument to her talent, research and indefatigable industry. She is petite, quict, gentle, woiced, with a kindly and sympathen. Is a monument to her talent, research and indefatigable industry. She is petite, quict, gentle, woiced, with a kindly and sympathen. Is a monument to her talent, research and indefatigable industry. She is petite, quict, gentle, woiced, with a kindly and sympathen. Is a monument to her talent, research and indefatigable industry. She is petite, quict, gentle, woiced, with a kindly and sympathens face.

Mrs. Lamb lives at the old fashioned Cole, man house, where on the upper floor she has the coxiest eyrie under the sun. She frequents society to a certain extent, and is a familiar figure during the season in Washington.

Sympatic provides at the New York. It was a monument to the talent, research and indefatigable industry. She is petite, quict, gentle, the woiced, with a kindly and sympathesis face. Mrs. Lamb lives at the old fashioned Cole, which we have been all and convening evidence, I was more consumption, beats len all the very live and the New York. It was a monument to the talent, research and indefatigable industry. She is petite, quict, gentle, we weeks. I took five bottles of Dr. King's New Discovery and am sound and well, gaining 36 hs. in weight."

Arthur Love, manager "Love's Funny Folks" combination writes: "After a thorough trial and conv

Some time ago Mrs. Cleveland conceived the idea of arranging a room in the style she remembered to have seen in the house of her grandmother in Wyoming conory. N. Y., a number of years ago. She at once wrote to her relative, Mrs. Cushman, who lives at Cowellsville, N. Y., and asked if she could reproduce a rag carpet of the design which covered the floor of her grandmother's room. Mrs. Cushman replied that she would try and do so and at conce set to work tearing rags into strips, coloring them and preparing them for the weaver. The carpet was finished in due time and sent on to Mrs. Cleveland; it is a combination of the "hit and miss" and "fancy stripe" variety.

The room, by the way, will be a very the control of th me time ago Mrs. Cleveland conceived

The room, by the way, will be a very unique affair, and Mrs. Cleveland intends to reproduce as nearly as possible a room such as served the purpose of parior er drawing room in the last generation. There is to be a spinning wheel in one corner, the place to be decorated with a pair of old

is to be a spinning wheel in one corner, the fireplace to be decorated with a pair of old fashioned handirons and there will be all the paraphernalla which went to make up the interior decorations of a country parlor. It will be distinctively an American room. There will be no doubt that the farmance set by Mrs. Cleveland will lead to the adoption of a rag carpet "fad" among some of our fashionable people.

The Philadelphia Carpet Trace says there is no demand for Brussels carpet, as is shown by the fact that one Philadelphia mill devoted to its manufacture has been sold and another removed to Worster, Mass. That the prices of this fabric bas been a long time of the position of the two industries seems reversed, and there is a positive bouyancy in tapestry and tapestry velvet direles. It has been a long time since tapestry velvets were as popular as now, and the low price at which they have been sold has, we imagine, diverted Brussels buyers in favor of the pile fabric.

For the latest in "wall hangings" the wide friezes continue to rule, and many new patterns in these goods in both twenty components.

For the latest in "wall hangings" the wide friezes continue to rule, and many new patterns in these goods in both twenty and thirty inch will be produced. The dade is a thing of the past, and the stern strength in decoration is now being put on the upper part of the room, where its clear and unbroken space can give it full effect. Celling papers are claiming special attention as to design and color, and the sale is steadily increasing. In fact, no room today is complete unless the celling is treated with as much or even more care than the with as much or even more care than the

JOHN SHARP, JAMES SHARP, MOSES THATCHER, HENRY DINWOODEY, L. S. HILLS, J. C. CUTLER, GEORGE ROMNEY.

The fact has been abundantly proven that Chamberlain's Cough Remedy is the most prompt, most reliable and most successful medicine yet discovered for acute throat and lung diseases, such as coughs, colds and croup. For sale by Z. C. M. I. *

To all Organized Suffragists Throughout the

It is especially desired that you send immediately, a report stating the number of members and the work accomplished during the past year, that our delegates may be able to report the same to the national convention to be held at Washington next month.

President.

Paguel Enwards.

President.

Raculet Enwards.

It (the Liberal party) calls attention to the fact that a man, to be properly on the registration list, should have been here six months prior to registration. If any through missap the property of the property below town and has put in a blacksmith outfit and a lot of new tools. A force of men were put on Saturday and the ground will be thoroughly developed. prior to registration. If any through misap-prehension are wrongfally on the list, they should not attempt to vote.

F. S. White, E. Thompson, D. McDon-ald, W. A. Wlison and W. O'Connell, the lesses of the Northland Nevada, have Grand Surprise, by M. McGrath been in Salt Lake during the week attenda nere as no faiture in

few weeks. I took five bottles of Dr.
King's New Discovery and am sound and
well, gaining 36ths, in weight."
Arthur Love, manager "Love's Funny
Folks" combination, writes: "After a
thorough trial and convincing evidence, I
are confident Dr. King's New Discovery

There were four deaths in Park City during the month of January. Two were caused by pneumonia and two were from children's complaints. La grippe has raged the entire month, and in a commu-nity where paeumonia thrives, there has only been one death from its effects. The above is a good winter month record for a mountain town.

gentionen.

A paragraph in the complaint of William M. Ferry, against the owners and lessees of the Northland property is both interesting and significant: "That the top and apex of said North Pole lode and mining claim is included within the surface boundaries of the claim as located and surveyed; that the lode, on its dip downward and underneath the surface, extends northerly into the ground adjoining the said North Pole claim."

Tickets are out for a grand ball to be

The Troy Steam Laundry has gained a reputation throughout the entire west for excellence of work.

Bast-Marshall Mer. Co., 142 Main street.

The Deseret Savings Bank.

The attention of those desiring to open savings accounts is called to the Deseret Savings Bank, which allows interest on deposits at the rate of 4 per cent. per annum, compounded quarterly. Money to loan on approved real estate security its officers are as follows:

JOHN SHARP, President, MOSES THATCHER, USE PRESIDENT, JAMES STARP, D. H. PEESY, MOSES THATCHER, J. T. LITTLE, HENRY DINWOODEY, HEBER J. GRANT, LS. SHILLS, J. C. COTLER, F. W. JENNINGS, GEORGE ROMNEY.

THE COUNTY'S FINANCES.

The question throughout the entire west for close of the fiscal year ending December 31, 1889, shows the county to be in a flourishing condition. The report commences March 1, 1889, when there was a balance in the hands of the treasurer of \$9,868.82. The taxes for 1889 were \$5,000. and from licenses \$1,775.50 were collected, while \$1,181.09 were realized from other sources, making the total receipts for the year \$2,090.11; criminal prosecutions, \$1,633.39; books and abstracting records, recorder's office, \$1,562.25; indigents, \$1,573.83, and to the office of superintendent of the finances of Summit county at the close of the fiscal year ending December 31, 1889, shows the county to be in a flourishing condition. The report commences March 1, 1889, when there was a balance in the hands of the treasurer of \$9,868.82. The taxes for 1899 were \$5,000. and from licenses \$1,775.50 were collected, while \$1,181.09 were realized from other sources, making the total receipts for the sources, mak the affairs of Summit county. Our present

Justice Haythad a great time of it this week, not even a drunk coming up before his honor.

T. K. Snow has been on the sick list for nearly two weeks how, but is improving and will be out soon.

Judge H. Shields spent the week in Salt Lake on business connected with the North Pole Northland difficulty.

There will be preaching in the Congregational church next Sunday by the new pastor, Rev. Charles H. Cook.

Now that the snow is not bothering the trains, plenty of coal is being brought in and the coal famine is no more.

Alderman E. C. Williamson, who has been confined to his bed for nearly two weeks with neuralgia, is around aguin.

Mr. W. M. Curtis, superintendent of the Comstock and Glencee companies, is out again after a straggle with pasumonia. John Drake, of Woodside fame, came up from Provo on Friday to look after some business interests he still has in the Park. Charles Johnson, the brakeman who was injured here last week, was taken to the Union Pacific hospital, at Ogden, Monday, F. E. Harding is making arrangements to get into the postoficeas soon as his commission carrives, which is expected this week.

C. H. Withey, secretary of the Crescent mining company, returned home on Friday from a two months' visit with friends and relatives in the east

The warm south winds that have prevailed this week have played sad havor with the snow, and in many places on south hillsides the ground can be seen.

"The Great Metropolis" is the next attraction at the Park opera house. It will be presented by the "Metropolitan Opera House company," of San Francisco.

The Ontario shipped during the last week sixty bars of bullion, year of wind disposing of the ores.

The one this improving and mining cust of the question of worth rew of the patient of the Maythower, the NorthPole properties, in Woodside canon. The trouble is drawing to ut of the question of which way flower the NorthPole properties, in Woodside canon. The trouble is drawing to unit and the first steps are being taken by the Will be liable to result in long,

traction at the Park opera house. It will be presented by the "Metropolitan Opera House company," of San Francisco.

The Ontario shipped during the last week sixty bars of bullion, valued at \$35,158. The shipment is a large one owing to there having been none the week before. The benefit ball of the Park City brass band Thursday night was a pleasant affair but was not so well attended as it should have been. The band deserved better success.

News was received from Butte this week of the death there of Ed. Petit, an old timer in the Park. The cause was erysipelas with heart complications. Petit had many friends in the Park.

There are a few cases of pneumonia in town, brought on by la grippe. One case resulted fatally this week. Mrs. Abigail Hood, wife of W. H. Hood, died Thursday afternoon and was buried Saturday.

"It's another boy, and the biggest that"

The case will now came up on the 8th and show cause why they should not be restrained from the acts above mentioned. Pending the hearing of the motion it was ordered by the court, "that the defendants desist from shipping, extracting and disposing of any ores contained in the lode and grounds from and disposing of the ores.

On the same day an order was Issued by Judge Zane citing the defendants, Andrew Lundin, Anna E. Street, F. J. Lubeck, Joseph Gorlinski, I. Oleson, Ezra Thompson, D. McDonald, F. H. White, W. O'Connell and W. A. Wilson to appear before him on the 8th day of February and show cause why they should not be restrained from the acts above mentioned. Pending the hearing of the motion it was ordered by the court, "that the defendants desist from shipping, extracting and disposing of any order was leaved by Judge Zane citing the defendants, Andrew Lundin, Anna E. Street, F. J. Lubeck, Joseph Gorlinski, I. Oleson, Ezra Thompson, D. McDonald F. H. White, W. O'Connell and W. A. Wilson to appear before him on the 8th day of February and show cause why they should not be restrained from the acts above mentioned. Pending the hearing of the ores.

afternoon and was buried Saturday.

President Rachel Edwards, Secretary.

Address: 15 N., West Temple street.

Diphtheria and all kinds of sore throat vieles readily to the Microbe Killer. Use at freely, it can be relied on. D. L. Davis, W. Pirat South street, agent for Utah.

The Knights of Pythias have secured the against the Mayflower cowners and lessees, but for \$200,000 damages. The North and adjoins the North Pole on the south and west premises.

The Knights of Pythias have secured the Park opera house for Friday, February 21, the eve of Washington's birthday.

The Will celebrate the event with a grand ball. Tickets are out and a fine time is promised.

NEW CLAIMS RECORDED.

In the Uintah Mining district, which embraces Park City, there were recorded during the menth of January twenty utining claims, as follows: The Parker, by F. A. Parker; General Grant, Boston, Chicago and Mountain King, by H. O. Young; Zangbar and Albion, by F. C. Thompson; been in Salt Lake during the week attending to business connected with their trouble with the Mayflower lessees.

Residents of Park avenue, in the vicinity of the Congregational church, were somewhat frightened this week upon noticing that the loose snow had started to slide from the top of Treasure hill. It ran a short distance, the upper end being caught by the trees and the whole mass stopped.

The Salt Lake passenger train was snowed in about a mile below town on Friday night last. The passengers were brought up in sleighs. It was not until Sunday that the trains could get through. in different parts of the new discoveries in different parts of the district, which have given new faith to claim holders and caused them to do the required amount of work to hold their ground. There are but few claims in Park City that cannot show few claims in Park City that cannot show ore and nearly all prospected properties have developed into paying mines. For the new year Park City can make a show-ing for production and permanency second to none in the west. More capital is needed though for development and the Park in-vites the attention of capitalists who de-sire safe and profitable mining investments, to look over her inexhaustible treasures.

> S. F. BALL & CO., 24 MAIN STREET. We will on and after Monday, January 27, be prepared to serve the public with New England home-made bread. We make a specialty of every thing in our line. Have co.ks, pastry cooks, and ornamental con-fectioners. Bring your own cakes, and we will ornament them.

121 S. Main Street,

Salt Lake City, Utah.

Real Estate

---- AND ----

LOANS.

Bowring Bros'.,

74 W. FIRST SOUTH,

ESTATE REAL AND LOANS.

Property in all parts of the City.



REAL ESTATE ACENCY LOAN, BEAL ESTATE, MINING STOCKS, DENVER BRANCH, COURT HOUSE, DENVER, US. O. MCLOW, Manager.

W. D. Bowring & Co.,

74 W. First South St.,

REAL ESTATE AND LOANS.

See Our List!

Best of References Given.

Utah Foundry & Machine Co., MONEY TO LOAN.

Iron and Brass Castings, ETC., ETC., ETC.

Builders' Ironware,

Mining and Smelting Machinery, RAILROAD WORK. 137 W. South Temple St., Salt Lake City.

J. W. FARRELL & CO., Plumbing, Steam and Hot Water Heating, Gas Fitting.

DRIVE WELL PIPES, PUMPS, ETC. Jobbing Promptly Attended to. Telephone 200. 137 Main Street.

Sears and Liddle Co.,

(Incorporated.)

Wholesale and Retail Dealers in Glass, Paints, Oils, Grain, Hay and Produce. Finest Stock of Ground and Colored Glass ever seen in Utah. Full Stock of Carriage Varnishes, Japan Colors and Painters' Supplies of the Best Grades always on hand. Our Ready Mixed Paints are the Best in the Market.

The Queen City Printing Ink Company complete and fresh stock of Job and Colors, Book and News Inks always on hand Bronze Powders, "Acme" and Bingham's "Durable" Composition, Poole's Benzine Cans, Inkoleum, Etc.

Sendus your orders. We can save you money The Queen City Printing Ink Company P. O. BOYD, Western Manager, 1744 Blake Street, Denver, Colorado. Main Office and Works, Cincinnati, Ohio.

Has a large and Complete Line of Ladies', Misses' and Children's Felt Shoes and Slippers.

FULL LINE OF HOLIDAY SLIPPERS FOR LADIES' AND GENTS' WEAR.

Our Stock of Rubber Boots, Arctics, Rubbers, Felt Boots, Etc., is Complete DUNFORD'S EXCELSIOR SHOE STORE, 66 E. First South Street, Opposite Sait Lake Theatre.



The month of February is usually considered the duilest of all menths. Some Clothiers deem it proper to throw down the gaunlet and engage busity grinding the "Camphor" for the use of storing away the remaining winter goods. We believe in grinding down "Prices" and storing our goods into your house, gaining an opportunity to display a Brand New and Fashionable Line of Garments next winter. The past month excelled in sules any of the Januarys chronicled in our quarter of a century's records. We attribute this glorious success to Low Prices. Let the good work continue! Never mind our loss! Our next attempt is bound to turn Duil February into Lively December, for Tempoting Prices are sure to create a tieneral Bustle in trade.

111 ODDS AND ENDS 111

And what are Odds and Ends! Brand new goods, such as you find elsewisers sold for profit. True, only a garment or two remaining of full lots depreciate in value in a Wholesaic house, while at Retail even a single garment holds its par value.

Relow we Furnish Full Particulars

Below we Furnish Full Particulars

About how we intend to slaughter these goods. Read carefully, and if you find your size and quality call at once and carry off the prize. CLOTHING DEPARTMENT FIRST AND SECOND FLOORS.

LOT SIZE.	QUALITY.	Former Price.	And now at
5284 26 - 37 5449 25 - 38 4052 40 - 40 2027 39 528 34 - 42 2754 25 - 36 6549 36 6910 36 828 40 3057 37 3012 40 3038 23 - 34 - 35	Fancy Worsted. Black Worsted. Scotch Cheviot. Cassimere. Imported Worsted Harris' Cassimere. Scotch Twilled. Scotch Cheviot. Broadvall Worsted English Worsted English Worsted. French Cassimere. Slik Mixed Worsteds.	12 00	\$ 6 00 9 00 7 90 9 50 14 00 15 00 13 75 20 00 21 50 16 75 18 50

OVERCOAT DEPARTMENT GROUND FLOOR.

LOT	SIZE.	QUALITY.	Price.	And now a
4918 2500 2974 3007 3058 2000 3033	40-42 37-38 40 39-30 35 87	Cassinere Bollock. American Tweed Pilot Cloth. Montanae. Scotch Twilled. Fancy Worsteds. Chiachilla Kersey English Melton.	15 00	\$ 6 00 9 50 19 00 9 73 10 25 9 00 10 00 11 00 11 75 15 00

ODDS AND ENDS IN BOYS' DEPARTMENT Will Receive a Proportionate Reduction.

Who is the Lucky Man Wearing any of the above sizes? Gut out your want and bring it along for reference.

This Opportunity Open to All Comers.

The Rustlers TO-DAY!

The Rustlers TO-DAY!

REAL ESTA

BUSINESS, ACREAGE and RESIDENCE PROPERTY For Sale A Number of cheap Lots in Outskirts of city.

NOTARY PUBLIC IN OFFICE.

WROUGHT IRON AND CAST FENCING. Call on us for bargains. We guarantee fair treatment,



SALT LAKE BUILDING AND MANUFACTURING COMPANY.

Dealers in Lumber, Sash, Doors, Blinds, Moulding, Shingles, Lath, Pickets, etc. Lumber Sawed and Dressed to Order. Doors and Window Frames a Specialty.

Office and Mill, 32 to 40 N. Second West, Salt Lake City.